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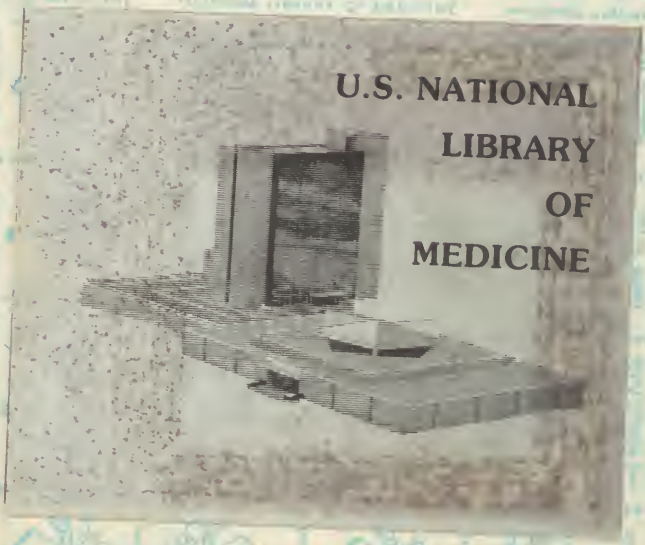

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DEDICATION

In writing this book of vital importance to every woman, the author has had but one aim and object in view ; to help the unprotected and innocent, to enlighten women on matters that are of supreme importance to womankind; and to save them from the fatal consequences resulting from ignorance and prudish teachings.

To the weak, the suffering, the innocent, and the sexually ignorant, this book is earnestly dedicated.

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By BERNARD FRANCIS

Woman's Mysterious Influence Over Man

Her Secret Powers and How to Use Them
Important Sex Information, etc.

By BERNARD FRANCIS

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THE PENALTY OF SEX IGNORANCE

I have written this book with the hope that every woman who reads it will gain the knowledge to meet the every-day love problems which she is called upon to face; that it will convey to her the understanding of a better life; a life full of happiness, love and contentment; a life in which she will be the controlling power, making herself and all those with whom she comes in contact cheerful and happy.

It is a known fact that fully ninety-five per cent of the women of to-day know little or nothing of the sex laws which govern their very existence, and what little they do know is obtained from the trashy publications which form the large majority of books dealing with the subject. Those that are reliable are very deep, and of such a

scientific nature that it is hard for the ordinary woman to read and understand them.

There is a general belief that it is not proper for a woman to know anything about these phases of herself which play the most important part in her life. Could anything be more ridiculous?

Prudery is the direct cause of this deadly ignorance. It has caused untold suffering and misery in the past, and accounts for the innumerable unhappy and mismated marriages of to-day.

As McFadden puts it: "Prudes are moral bats. They not only shun the light of knowledge themselves, but with squeakings and flutterings seek to extinguish it, so that the darkness in which they live and move and have their being may be maintained," for "their works being evil, they love dark-

ness rather than light," as an inspired author declares.

"To the prude all actions spring from one motive, that of licentiousness. As the critic must be profoundly imbued with the spirit of the thing that he criticises, so it follows that the prude must be steeped in moral corruption to the heart core in order to detect naught but vileness in the most beautiful and wonderful works of the creator. And yet, such is the fatuity of our nature, that we permit the prude to hold sway in our homes, our schools, and in our legislature, blighting young lives and blasting the lives that are to be."

The only way to defeat this prudish ignorance and superstition is by the light of knowledge. Within the last few years scientific research has brought to light many new facts. Every author to whose

writings and opinions I have referred stands in the front rank of his profession.

In writing this book I have sought to present the information in the plainest and most simple language, so that those who read it may be able to understand. However objectionable it may seem to the prude, it is necessary to speak plainly on this most important subject, and I can only trust that the purpose of this book will not be misunderstood, and that it may prove a great source of benefit to all readers, and serve to enlighten those who do not desire to remain in the bondage of ignorance, and the shackles of fear.

It is plainly the duty of every mother to impart such information as will safeguard her daughter from the risks of ignorance. Ignorance is not innocense, for, "to the pure all things are pure."

To let a young girl mix freely with the opposite sex in total ignorance of sexual matters, is virtually to throw her daughter helpless and unprotected into the dangers to which no wise mother would carelessly expose her. The sex instinct awakens but slowly in a young girl's mind, and it is a mother's duty—a duty she cannot escape—to see that the knowledge of good and evil should be conveyed to her daughter in a manner which will not shock the sensitive feelings of an innocent girl.

To avoid such subjects from a false notion of prudery is a fatal mistake, and one of which most mothers are guilty, only to discover, too late, that by withholding these natural facts her daughter's life has been hopelessly entangled from the start.

Hygiene and domestic science are taught in all schools, but even at this time the still

more important knowledge of nature's fundamental laws relating to the sexes is omitted from the school work.

THE MYSTERIES OF LOVE.

Love is a subject which writers of all ages have sought to describe and analyze, including as it does, so many varying emotions, which find expression in different ways, so that no definition fully explains the nature of love.

But though love cannot be scientifically analyzed or dissected, the emotion is so common to the human race that it is surely worth a little study, if only to find out how it may be won, and being won—kept.

All mankind agree that true love is the crowning joy of life, and those who seek each other in marriage hope to attain this joy Since they often fail to do so, we may ask what it is that leads to happiness in some cases, and to misery in others?

In the first place, young people who believe themselves to be truly in love, should

be very certain that this is not merely a passing fancy on their part, but the real, genuine thing, and that the love they feel will be great enough to meet and overcome the problems of every-day life.

Although sexual attraction is the basis of all human love, that alone is not sufficient to ensure happiness, for without sexual desire marriage is bound to be a failure. The woman who marries merely for a home, irrespective of any other motive, is doomed to disappointment, but still more foolish is the man who marries a woman out of respect, gratitude, pity, or for any other such reason, unless she possesses a physical charm for him.

In spite of the old saying that "Love is of man's life a thing apart, 'tis woman's whole existence," no normal man is ever satisfied until he too has found his soul mate, and the

lonely, loveless woman is still more to be pitied.

This being granted, we must now consider the right way for a woman to win a man's love. Some women are naturally magnetic, and require no advice on this topic, but this is only true of a few, and the majority are greatly in need of such information.

How can this be accomplished? How can a girl gain the affection of a man is the question? Provided the man is not already in love with another woman, the girl has every chance of success. Thackeray very emphatically declares that any woman can marry any man she pleases, and this is not as far from the truth as it might at first seem.

But to win the man of her choice, a girl must use the same common sense as she

would bring to bear on any other matter. What man can resist a sympathetic woman, one who listens eagerly and intelligently to his theories, his ideas, his ambitions?

She must not only be a sympathetic and intelligent listener, but must also study his particular likes and dislikes If he is interested in gardening, she must devote some of her leisure to reading books bearing on the subject, so that when he begins to branch off on his favorite topic, she is ready and able to converse on soil, pruning, fertilization, and everything bearing on this subject.

She must, however, avoid any appearance of over-playing her hand, for man is a born hunter, and never values that which is freely offered. He enjoys the fun and zest of the chase, and knowing this the skilful angler will play her bait, leaving him always in doubt as to whether or not she really takes him seriously.

The more pleasing but elusive she succeeds in being, the more certain is her final victory. Above all she must never let him feel bored in her company, nor seek to extend the time that they are together. To interest and please him is the great secret, and ten minutes spent in this way is better than an hour dragged out in the effort to prolong the conversation.

To be attractive and amusing should be her object, but never to make herself cheap. Only a close study of any particular man can enable a woman to understand his nature sufficiently to play up to him, but the chances are ninety-nine out of a hundred that he will prefer a good listener to an incessant talker.

The business life of a man affords him no opportunity during business hours to give vent to his individual ideas and prefer-

ences, but when the day is over he turns with relief to the companionship of one to whom he can unburden himself, without the fear that she will interrupt him with some trivial or irritating remark.

For the same reason an over-talkative or restless woman fails to captivate a man's heart. He seeks restfulness and that quiet, reposeful manner which soothes his tired nerves. But the most fatal of all mistakes is for a woman to show any signs of irritability or wounded vanity. If the man of her choice chance to arrive late for any appointment, many a woman is tempted to make a fuss, and act as though he were guilty of wilfully keeping her waiting. The chances are that he was unavoidably detained by business, or some unforeseen visitor dropped in.

No matter what the reason of his lack of

punctuality, she should regard this as a fine opportunity for displaying her amiability and consideration for his interests, instead of pouting or leading him to think her exacting. The man naturally reasons that if she is so particular about trifles, she will not be an easy woman to please in other more important matters.

Impatience, irritability or sulky moods cool a man's devotion, and women who are so lacking in self-control as to create scenes will rarely, if ever, succeed in their matrimonial quest.

Love is blind, but before you put the blinders over a man's eyes, he is usually wide-awake, and easily scared. Instinctively he shys at the noose of matrimony, and the surest way to miss the throw is to frighten him by a display of temper. Even after he is caught, the girl should never

indulge in foolish tears or outbursts of any excessive emotion. If she cannot control her easily wounded feelings, she would do well to indulge in them in private.

Reproaches before marriage point to a nagging wife after the knot is tied, and are useless as they are stupid. Give and take should be the motto of married life, and it is well to overlook any trifling differences or shortcomings. The perfect man or woman has never yet been born, and if they did exist, they would prove terrible bores.

Having successfully roped the male animal, the next great problem is how to keep him happily yoked up, without his showing any inclination to side-step. It takes a really clever woman, one with tact and patience, to achieve this. The trouble is that most women are apt not only to seek to rule the roost, but to do so with a high hand,

to boast of the very thing they should most carefully conceal.

This fatal tendency is due to unsufferable vanity on the woman's part, and goes a long way towards disillusioning her lover. Nature intended that man should take the initiative, and when woman usurps his privileges, she must expect disaster. It is for her to induce a man to comply with her wishes, instead of insisting that he should do so, and if she but realized how a man silently and secretly resents any show of supremacy, and how very readily he can be led, she would not waste her time in slowly but surely undermining her power over him by this unwise display of authority.

Another equally fatal mistake is for a girl to imagine that having landed her prize she need no longer use every endeavor to look charming. To always appear pleasing in

his eyes, to be at her best at home as well as when visiting, is one of the great secrets of retaining a man's love. The untidy, careless wife is deliberately throwing away her most precious asset for keeping her lover's affections.

In this respect the French woman is far ahead of us. She is such a past mistress in the art of love; she spares no pains to show to advantage at all times and in all places. No untidy, half soiled negligees are permitted to be seen by her husband, for she is just as trim and smart in the early morning as when fully dressed for the day, knowing that any neglect on her part will lead her husband to compare her unfavorably with other women.

The American woman would be well advised to model her conduct towards her husband with the same tact and discrim-

ination that the French woman shows. All women cannot be born beautiful, but most certainly those who are really intent on acquiring an influence over the opposite sex, can attain this object by the cultivation of charm and personality, and since neither of these is dependent on beauty no woman need despair of success.

The lack of tact and self-control alone can defeat a woman's efforts to have her own way where the male sex is concerned. She must therefore decide once for all whether she prefers to gratify the foolish vanity that prompts her to exhibit her conquest openly, thus belittling the man of her choice—and lording it over him in the privacy of the home by insisting on his humoring all her whims and fancies, which he does to avoid nagging and scenes—or whether she will cleverly do the humoring herself, in which

case she will not only gain her object but also forever keep her husband a willing and devoted slave.

As a matter of fact, the American husband is the easiest in the world to manage, for he has been broken in from his early days to regard woman as the centre of the universe, and to think nothing too good for her. He instinctively recognizes the truth that love by itself would never ensure married happiness, and that his wife will leave him for some other man who offers her a good time, unless he is able to make good himself.

Too often, while he is working hard to obtain money for her, she is amusing herself with other men, not one of whom—if married to her—would prove as liberal a provider as her husband.

The mistaken idea that her quarry once

run to earth, she has nothing to do but to sit tight and accept her lover's homage, is far too common with women, and can have but one result. Physical attraction of itself is often enough to captivate a man, but it can never hold him for long. It will satisfy his senses for a time, but as man is not purely a sensual animal but also an intellectual being, he needs to have every part of his nature provided for.

No marriage that merely gratifies the senses, without making an appeal to the mind, will prove a success, and that is why it has been said that the first year of marriage is the most critical period for the lovers. It affords them ample time to discover each other's inmost natures. and if the man awakes from his dream of love to find a careless nagging,, selfish woman at his side, he soon wearies of domesticity, and seeks his ideal elsewhere.

Love cannot be bound, nor will it flourish in any home unless tended and carefully cherished. Therefore any girl who in marrying is not merely seeking a temporary home, and who wishes to shun the Divorce Court, should set herself to the task of continuing to appear pleasing and desirable in her husband's eyes.

This is an art in itself, and like all other arts requires care, forethought and intelligence. Should any doubt of her husband's faithfulness arise, it should be promptly suppressed, as jealousy on her part never fails to defeat its own object, and it is an indisputable fact that when this green-eyed monster is allowed to enter the home, love will soon be a thing of the past.

To be jealous without a cause is foolish, and even where a possible cause exists, the

display of jealousy and temper will only confirm the man's interest in the other woman, for every man detests a scene, nor does he willingly submit to a catechism on his return home as to what he has done, where he has been, and with whom he has spoken while absent from his wife.

THE MARRIAGE GAMBLE
AND
HOW TO PLAY THE GAME SAFELY

What is the real secret of happiness in married life? I have studied this question from every angle, and am convinced that the foundation of a perfect marriage is unity of mind, and suitability of disposition between the lovers. By unity of mind I mean similar ideas, habits, temperaments, preferences and dispositions.

More misery and trouble in married life results through ignoring the importance of harmonious tastes and qualities than from any other cause. I believe it to be the main reason why couples are frequently so unhappy after marriage.

The consequences of such mismated and unsuitable matches, if allowed to continue

at the present rate, will, within the next five years change the whole social standard of society. Though I do not wish to preach, it is only necessary to read the statistics of the Divorce Courts to give one food for serious thought.

To return to the main topic, I will now seek to prove the truth of my theory. Should a man of an intensely passionate nature be united to a woman of a cold, frigid temperament? Could the result lead to anything but misfortune? Must it not end in misery and disgust on the woman's side, and to discontentment where the man is concerned? If love had ever existed, it would soon wither and die under such circumstances, giving place to discord and strife.

Again I ask you how could a clean and tidy woman put up with a dirty, slovenly

man? But if, on the other hand, the man had an untidy, careless wife, the chances are a thousand to one that they would get along in a general way without much complaining on that point.

Where a woman of a high moral character, well educated, with a love for things pure and wholesome, marries a man the very reverse of herself, discord follows. The passion which attracted and held them together at the start would quickly die, leaving nothing behind but discontentment and regret, and this would also happen if a woman of a jolly and witty disposition married a man of a grouchy and dull intelligence.

A man of a deceitful and degraded character should mate with none other than his own kind. A good woman may, for a time, love a man of evil character, but when her

passion has spent its force, nothing but remorse will remain.

The bitter consequences of disregarding this law are not merely confined to the poor girl, who in her thoughtlessness married the man just because she fancied she loved him, regardless of his true character, but should she be so unfortunate as to bear him children, they too will inherit the bad traits of the father. This could have been avoided had she but understood his nature, and not permitted her desire to run away with her reason.

But someone may say that it is possible for a woman to be mistaken in a man's character, and to find out after marriage that she has misjudged him. Yes, this is true, but it is only a greater reason for exercising care.

Women are in too great a hurry to get

married, and are too easily led away by the camouflaging of an attractive, handsome, and liberal spender, whose exterior personalith and magnetism are so pleasing as to blind them to his true character.

They soon live to regret their hastiness, and even before the honeymoon is over the sweetness of the sexual pleasure wears off. Then the girl realizes that she is tied to him, and doubts, disappointments, troubles, misery and despair take possession of her heart, leaving nothing but bitterness in the place of love.

Every woman who will frankly analyze her own motives in marrying such an unsuitable mate, will have to admit that she is at fault for choosing as she did. If she had only sought happiness, she would surely have paid more attention to the qualities that go to make up happiness. Such ill-

chosen marriages are of every day occurrence. The large majority of unhappily married couples would have been extremely happy had they but waited for a suitable partner, one possessing traits and characteristics corresponding to their own. It is said: "Love is only one reason for getting married, while there may be a hundred reasons against it."

People are wrong when they say that the large number of divorces are due to the lack of love in marriage. I am convinced the fault is owing to the dissimilarity of disposition, or the lack of harmony in character

When women come to regard the law of similar personalities as a guiding principle in choosing their life mates, and seek to duplicate themselves as nearly as possible in temperament, education, character, etc., they will not let their passions or desires

over-ride their reason and common sense in determining a man's character. Only then will the majority of marriages be congenial and happy.

THE MURDERER OF HAPPINESS AND HOW TO DEFEAT HIM

People throughout the civilized world think a murderer is the worst kind of a criminal, and laws have been framed punishing this crime with death, yet we permit the arch-demon, Jealousy, the destroyer of our happiness to invade our very homes, our lives, and unmolested, gradually steal our love, and murder our happiness. Why is this? Because we are afraid; because we lack the knowledge and experience to resist him.

Jealousy is an emotion which, as all well informed people know, instead of being crushed down, is often cultivated. Ignorance and lack of knowledge is the soil on which it thrives best. Jealousy not only causes great unhappiness to the beloved one,

but also renders its possessor miserable.

This emotion cannot be explained; it must be experienced in order to be really understood. It acts like a terrible disease which takes hold of us, and unless cured or held in check, eats out our very souls, and we lose our own self-respect as well as the respect of others.

To the unfortunate woman who is jealous, I would say, come and let us look at the matter from a practical point of view, and consider the situation, using a little common sense. Why are you jealous? Is the feeling prompted by wounded vanity, envy, or by love? It may be the fear of losing the loved one, but more often springs from wounded vanity. In the latter case you dislike the idea of someone else being more attractive than you are, or you are envious of another who has gained the love you coveted.

Possibly it is not jealousy at all, but love, for love is sometimes responsible for more pain and grief than jealousy itself. Jealousy may arise from any of the reasons already mentioned, but, whatever the cause, never forget that it is necessary to hide your feelings. They must be kept to yourself under all circumstances, as by showing them you will cause your own defeat, for jealousy always defeats its own object. This is a truth which none can deny.

There is no more unpleasant, unlovable person than a jealous wife. You should bear in mind that your husband chose you for his wife out of two hundred million eligible women, expecting he would get the affection that he craved, so give him the kind which he can find nowhere else on earth except from you; give him the very best that is in you; make him perfectly

happy and contented by your pleasant and cheerful ways.

Think of yourself as his sweetheart rather than his wife; and then, no matter what kind of a man he may be, he will not turn down your real love for an imitation. Should he do so, he will speedily realize his mistake, and his neglect will only be of short duration, but if he is nagged at, spied on and quarreled with, if you deprive him of his peace of mind and comforts at home, you will never keep his love, and he will continue to seek diversion elsewhere. Do not attempt the impossible, but give him all the rope he wants, and by so doing you will have him thinking only of you.

Always look your best around the house when he is at home; never be untidy in your own person, but remain as dainty and appetizing as you can, and then when he

goes out and mentally compares you with the other women he meets, you will appear to advantage in his eyes.

"A fool can win a man's love, but it takes a clever woman to keep it," so study the man you married, find out what pleases him most, and then see that he gets it. Try and take a real interest in his affairs, in all that he is doing, in his business, and above all, in his hobbies. Discuss everything with him, for it pleases him to talk about his affairs and to think that you understand him. Express your opinions in return, as this show of interest will surely rivet the bonds of matrimony still closer.

Avoid being overtidy in the home so as to interfere with his ease and comfort. I know of a woman who would not allow her husband to lie down on the lounge for fear of his disturbing the pillows, or to come into

the newly-swept house by the front door. She does not like him to drink out of the polished glasses, or to litter the room with newspapers, nor even to take a book from its case.

Smoking she will not tolerate in the house. She delights in keeping the blinds drawn, thus lending a gloom to the whole house. Can you imagine any man preferring such a home to his club? I can not. The woman to whom I refer is very jealous. She makes it a habit to read her husband's correspondence, besides going through his pockets to discover if she can find anything of a compromising or indiscreet nature, presumably some tell-tale love letters, or goodness knows what.

She ignores the fact that only a fool would carry incriminating letters about with him, and men who receive such letters very

seldom commit such a blunder. She should ask herself what good it would do her if she made such a discovery? It could only lead to trouble, and possibly result in breaking up the home. I claim: "Where ignorance is bliss, 'tis folly to be wise."

As I remarked previously, don't spy, nag, or exhibit your true feelings when jealous. Tell your husband you are convinced of his loyalty, you know you can bank on his fidelity, that you are aware of the many temptations which every man meets, and that you are proud and delighted to know that he does not fall for those temptations; that you will try to be worthy of the love he cherishes for you.

He secretly likes this kind of talk; it flatters him to believe that you have such unbounded confidence in his loyalty, and before long, if you keep it up, he will go

round boasting what a wonderful wife he has. When you have got him into this frame of mind, you can lead him around by the nose if you choose.

I would suggest that once in a while you call his attention to the kind of woman he admires, to a pretty face, figure, or dress. If he tells you how nice or how pretty some other woman looks, by all means agree with him. This may be a hard thing to do, but have a little confidence in yourself; remember, however wonderful you are, still you do not monopolize every womanly beauty.

A wise, tactful woman will study her husband carefully, and also his women friends, those he admires in particular so as to find out what it is he likes in them. If you imagine you have a rival, study her even more closely, but don't lose your

head—if you do, you lose.

Possibly on a closer acquaintance you may like your fancied rival, and discover that she is absolutely harmless. Should the advice that I have given fail to bring him to his senses, then you might try turning the tables on him. When he is inclined to go out and come in at uncertain hours, play the same game, and if he flirts you may follow the same course that a woman I knew told me of. It worked like magic.

She hired a nice touring car, with a good looking driver, and seated herself on the front seat with him,—then she began to look around for hubby. As soon as she noticed him she got busy, talking and laughing with the driver, and on her return home she found hubby with a worried look on his face. He wanted to know the why and wherefore of things. Then she told him if

he could go out and have a good time, why couldn't she? In the end he agreed to cut it out, and call it quits.

It has been said that there is no love without jealousy; that it is natural to be jealous of the one we love. This, I am sure, is all wrong, for in a heart that really and truly loves, there is no room for jealousy. No true love can exist where there is not absolute confidence. Love does not create jealousy, it only intensifies it.

Many a man, if he knew that his wife really loved another man, would sacrifice his own feelings and give her to him, but not so with a woman. She would rather throw her lover or husband to a bunch of hungry looking tigers, than into the arms of any other woman. Before closing this chapter, I want to say something about the deep grief and terrible suffering love can cause.

I will give you an illustration.

I once knew a little woman whose time was so taken up with her own affairs, that she had none left for her husband, and she paid no attention to his business or to any other matters of interest to him, though he was anxious she should do so. She had her bridge parties, her clubs, her matinee parties, and was secretary to some stray dog and cat hospital, but had no time for her husband.

He was a kind, generous husband, a good provider, and they loved each other, but she would not sacrifice any of her pleasure for him. Eventually he got the help and encouragement he needed from one of the girls at his office, and after a while the wife received a letter, stating that he had found the loving help and sympathy he had vainly sought for at home, and was leaving his wife

to start life with a real pal, and that his wife was free to do as she chose.

Upon reading the letter his wife collapsed completely, and was the most pitiable creature imaginable. She had fainting spells, palpitation of the heart, and could not sleep. Her pulse became very rapid; her limbs twitched, she stared for hours into empty space, and all efforts to induce sleep were vain.

What worse torture than this could there be? She longed for her husband. Friends wired him to return, but he replied that when he most needed her she would not come, and now that he had a real pal he wouldn't come. The wife twice attempted to commit suicide, but failed. The young physician who saved her life, knew what was wrong. He felt a great pity for her, which developed into love, and this love took the

place of what she had lost through her own neglect. After that she made a quick recovery and soon became her normal self.

So I would advise anyone who finds themself in such a terrible predicament, to get a substitute to fill the place of the loved one. There is no other cure. The substitute may not measure up to the original, but this remedy will be found to soothe the sting. Let me tell you, though, of a much better plan. Learn to keep the original. Study the man, his likes and dislikes, and give him what he wants, and you will have no trouble. Then, as I said before, you can lead him around by the nose.

Last but not least, teach the children that jealousy is a vice. Train them to look for the best qualities in others, and only to notice faults in order to avoid them. If you do this, it will enable their will power to overcome and subdue the murderer—Jealousy.

THE CAUSE OF SEXUAL ATTRACTION AND SELECTION

Sex attraction or Sex Instinct is the strongest force we possess. Nature endowed us with this instinct for the basic purpose of reproducing and creating our kind. It is this underlying law of nature that is responsible for the attraction between the male and the female.

Related very closely to this law of attraction is the Law of Selection, and it is this law which gives us our individual tastes and qualities, such as we see and admire in others, causing us to become sexually attracted.

The fundamental principle of the Law of Selection is to properly balance the human family, every type of which has its ideal or sexual affinity, and it is this Law of Se-

lection which draws them together, so we can readily understand that what some men like in a woman others will fail to notice, or dislike, and it is this balancing up of the qualities and characteristics we possess that go to make up a harmonious combination. Qualities lacking on one side usually predominate on the other, thus Nature, in her wise way, is ever striving to attain the balance between extremes, so as to adjust and regulate the human family.

Where this Law of Selection is disregarded, where marriages are mercenary, just for money or position, and where the parents are not properly balanced or mated, the children of such unions are usually weak, and lack that something which makes up a perfectly balanced child. Seldom do such marriages prove successful, and often they terminate in the divorce courts.

In the disregard of this Law of Selection lies the burden of misery that is associated with married life, and in no other way than by obedience to this law can a happy marriage be secured.

From a woman's point of view just what is it which attracts man? What is it he sees or desires in a woman so that he is attracted or drawn to her?

As I said before, every man has his own individual taste, or quality which he admires in a woman, that attracts him. It might be her physical beauty, or it might be her mental beauty which we will call her personality.

The senses,—seeing, smelling, hearing and feeling play a very important part in this Law of Selection and Attraction. Back of every desire there is a mental impression which produces it, and this may be awak-

ened by the sense of sight. Dress has its effect. A dress of soft clinging material, close fitting and cut low so as to clearly outline a beautiful figure, is always pleasing to the male sex, and stimulates desire.

Well formed, fully developed breasts also appeal to the masculine instinct, since they are usually the indications of a passionate nature. Finely shaped calves are exceedingly attractive, as well as a small, pretty foot and ankle. A man once confessed to me that he could not feel any desire for a woman if she did not possess a pretty foot and ankle. I asked him the reason, but this he could not explain, only that these were the first things in a woman that he looked for, or which attracted him. The same remark has been made with regard to the busts. Some men consider a well developed bust more attractive than a pretty face.

This is also true as regards a woman's hips. Among the savage races the choice of a mate is greatly influenced by the development of her hips. A good head of hair, beautiful, amorous eyes, or a sensuous mouth attract the male in most cases. The same is true of pictures and books. There are certain books and many pictures of beautiful semi-nude women that excite sensual emotions.

Next we come to the sense of smell which also has a strong bearing on the Law of Selection. A close connection exists between the sexual and nasal organs. Every woman has a peculiar odor of her own. With some women this odor is very pronounced, while with others it is hardly noticeable. Indeed it may be so weak as to be scarcely perceptible, yet strong enough to excite great desire. This is a truth but

little recognized, though in the animal kingdom it is most obvious.

The odor of a certain woman may arouse a strong desire in some men, yet to others it might prove very repulsive. This is one of the principle reasons why a woman, though unattractive both mentally and physically, sometimes proves so popular with the opposite sex.

The cause of sexual selection according to Regina, is the attraction of the ovum, or egg, of the female to the spermatozoa, or life-reproductive cell of the male, which attraction operates even at a distance, owing to the diffusion of the secretions in all directions. In the same manner some men will experience sexual excitement by reason of the secretions of a highly sexed woman.

An instance in point is that related by Sturgie, who mentions the case of a newly

married man to whom an erection was impossible, due to the offensive odor of his wife. After acting on the advice to perfume her night dress and the bed linen, her husband had no further difficulty in performing the act.

In another case, as reported by Kiernan, a lavender odor was noticed from a woman when her passions were aroused, but when she passed the change of life—the menopause—this gave place to a leathery odor, which was so objectionable as to render the husband impotent.

We find the smell in this connection so keen among animals, that the odor from the female when she is in heat at once attracts the male, who will come from long distances—even from many miles away—at such periods. Again we know that the odors of certain perfumes and incense has an influ-

ence upon the sex organs.

Next we will consider the sense of hearing. A voice that attracts and is pleasing to one, will have a contrary effect on another, the general rule being that a pleasing, harmonious voice will attract the majority of men.

The poet, Burns, referring to his first love, said, "I didn't know myself why the tones of her voice made my heart strings thrill like an Aeolian harp."

It cannot be denied that, as in the animal world, the sounds they emit during the mating season vary considerably from their usual cries, so too, the influence of vocal sounds among human beings has a marked effect on the union of the sexes.

Not only does a boy's voice change at the age of puberty, taking on deeper and fuller vibrations, but the voice changes with the state of the mind, as with love, anger, pain,

fear and passion, which lend a different sound to the vocal organs. Tones of anger arouse a feeling of resentment in the listener, while the affectionate tones of a lover's voice beget love.

According to Darwin, the female bird responds most readily to the best songster, and the male love call lures her to his wooing. Probably if human beings only mated with those whose voices were pleasing and harmonious to their sense of hearing, there would be fewer marriage failures.

Taking the senses as a whole, we may say that the sense of sight is related to the understanding, that of smell and taste to memory, hearing with reason, and feeling which is more material depends upon contact.

As I have said before, man is attracted to woman by both her physical and mental

beauty. I have already explained woman's physical attractions, and I will now discuss her mental charms or Personality. Physical beauty is generally responsible for attraction in the first instance, but it takes mental beauty to hold that which has been attracted.

Mental beauty, or Personality, is the expression of an individual's personal qualities,—in other words individuality is a vital part of her personality. It is the inner you which is made up of all qualities, good and bad, so one may have an attractive or unattractive personality. Not to have any distinctive qualities is to be lacking in personality.

Have you not often been captivated by an individual man or woman whose winning personality made you forget their plain, even unattractive, appearance? Any wo-

man seriously lacking in a pleasing personality creates a negative or unfavorable impression on man.

It is very unfortunate to possess an unattractive personality. One should do everyin her power to overcome it, and on the other hand, the person with a very pleasing and attractive personality can overcome all obstacles. They can influence the thoughts and actions of others, wield a great personal power for good, and on the whole make everyone cheerful and happy with whom they come in contact.

A homely woman of a pleasing personality will attract and evoke cordiality, confidence and affection, and can wield her powerful influence in a more lasting manner than her beautiful sister who is only endowed with physical charms.

"Beauty is but skin deep," is a saying the

truth of which no one will deny, and if a woman depends upon her beauty alone to retain love, she holds that love by a very frail thread indeed, and the day may not be far distant when the good looks upon which she prides herself may be lost.

THE PROCESS OF CREATING LIFE

There are two kinds of reproductive elements, both of which are necessary to create life. One is the ova, or ovum, of the female, and the other the spermatozoa of the male.

In a healthy normal female, at the age of puberty the ovaries contain about 60,000 eggs or ova. Now, during the time she is capable of becoming pregnant, and up to about her forty-fifth year, she discharges one of these eggs every twenty-eight days.

The ova, on its discharge from the ovary, and during its passage through the Fallopian tube into the uterus or womb, is ready for impregnation by the spermatozoa. The spermatozoa is the seed or life-producing element of the male. It is the smallest cell of the body, yet it is the most wonderful of them all. The spermatozoa

is smaller than the ova, and of a different shape, possessing a head and a tail and having an independent motion of its own. They are said to travel at the rate of one inch in about six minutes, which is very rapid considering their size, as they cannot be seen by the naked eye.

Every one of these little cells carries the entire characteristics of the man, both mental and physical, the color of the eyes, hair, skin, shape of face, body, the tones of the voice and the different distinctive qualities that are furnished by the father. Just stop and think how wonderful this is. Under the microscope it is impossible to distinguish any difference between the spermatozoa of one man and that of another, yet in this little cell may be a future Edison, or a murderous Bluebeard.

The spermatozoa, which are manufac-

tured in countless numbers, leave the testicles in a fluid medium called semen, and when the orgasm takes place in the sexual act they are deposited in the vagina of the female. Each ejaculation or deposit contains about two or three million of these little spermatozoa, although it only takes one to fertilize or impregnate the ova.

The walls of the vagina are rough and corrugated; the semen lodges in the corrugation, and here the little spermatozoa sometimes hides for hours, until they can work themselves to the ova, or be washed out with water, or killed by a poisonous douche.

When the orgasm takes place, the female has a spasmodic contraction of the muscles of the womb, which draws in some of the semen therein deposited. With the spermatozoa it is a case of the survival of the

fittest: they all make a rush to get to the ova first, and it is the one that is strongest and the quickest in getting there, that penetrates it, and boring itself in, is completely lost.

Coagulation immediately takes place, so that none of the other spermatozoa can enter, and consequently they all die. If two spermatozoa should by any chance penetrate the ova, it would develop into a freak. When two ova are thrown out by the ovaries, each is fertilized and the result would be twins.

After fertilization has occurred, the ova attaches itself to the side of the womb, and there it stays for nine months during the process of development, which consists of the multiplying, or rather the dividing of cells. The ova is composed of only one cell, but this one divides itself in two, and

these again divide, making four, the four making eight, and so on, until billions and billions of cells are formed. After all the cells are divided, they are thrown out, and a fully developed child is the result.

In the majority of women it takes eight to ten days time after the ova passes out of the body until the next ova comes down into the womb. The days when there is not an ova in the womb, are called sterile days or free time.

When no ova is present in the womb a woman cannot become pregnant, regardless of whether semen is deposited in the uterus or not, because the womb then contains nothing that is pregnable.

The sterile days are from about the eleventh day after the menstrual flow has stopped, up to about the third day before the next menstrual flow starts.

PROFESSOR THURY'S METHOD OF PRODUCING MALE OR FEMALE CHILDREN AS DESIRED

Many theories and methods have been put forward in the last two or three centuries as to sex control on the part of parents, the majority of which have no foundation in fact, and are therefore valueless from a scientific viewpoint.

Some of the theories advanced were ridiculous, based only upon ignorance and superstition, others sounded plausible. It was suggested that intercourse at night, when the vitality was weak, or in the morning when strong, had something to do with the results; also that seniority on the father's side resulted in more male than female children being born, whereas equal-

ity of ages in the parents gave a slight preponderance of female offspring, while seniority on the mother's side produced more boys than girls.

Again it was maintained that the quantity and quality of the food eaten by the mother was accountable for the sex of the child. Some writers even stated that a warm, humid climate was most favorable to the production of female infants, and a cold, dry climate for males. In the opinion of another writer it is the method and frequency of sexual intercourse which has to be taken into consideration.

None of these statements have been supported by the medical profession, but the theory advanced by Professor M. Thury has been accepted by many medical men. Professor Thury, a veterinary surgeon at the Academy of Geneva, Switzerland, has

shown and demonstrated how male and female may be produced at will. He formed the following law for the regulation of stock-raising, and those who have tried Professor Thury's method say that it has proven correct, invariably securing the desired results. Some physicians who have tested the working of the law, say they have never known it to fail.

When the ova or egg comes down into the womb, it is in an unripened condition. There it lodges during the process of ripening, until it becomes fully ripe, when it is rejected or thrown out if not fertilized by the spermatozoa of the male.

Science has taught us that the ova is always of a male-producing element, and that the spermatozoa, the life producing seed of man, is always female, just the opposite to what one might suppose. The Thury theory

is that if the spermatozoa penetrates an unripe ova while the covering is thin and soft, the female element of the spermatozoa will predominate, and the result will be a baby girl.

Should the impregnation not take place until the middle of the ripening process, then the ova will be sufficiently strong of itself to balance up the sex of the spermatozoa, and the result will be an even chance for a boy or a girl. But should the impregnation be delayed until the ova becomes ripe and strong for its own sex to predominate over that of the spermatozoa, which is female, the result will surely be a baby boy.

Some mothers are most anxious for boys, while others desire girls, and by carefully following out the above advice you will be able to regulate the sex of your future child. The method of procedure may be stated

thus; If you desire a female child you should endeavor to secure intercourse as soon after menstruation as possible. If a male child is desired, wait until eight days after the menstrual flow.

SOMETHING EVERY WOMAN SHOULD KNOW ABOUT MENSTRUATION, BUT DOESN'T

Menstruation, sometimes called the menses, periods, flowers or monthlies, is a function all women wish they could avoid or eliminate, but unfortunately this is an impossibility, since nature matures an egg every twenty-eight days, and discharges it from the ovary through the Fallopian tube into the womb. The discharge of the ova is called ovulation. Now, if the ova is fertilized by the spermatozoa—the seed of man—it attaches itself to the side of the womb, and gradually develops into a baby.

The membrane lining of the womb is richly covered with small blood vessels, for the purpose of supplying the ova with nourishment, but if the ova has not been

fertilized, the blood so gathered is not needed, and in a short time the pressure of the congestion breaks these little blood vessels which causes the blood in the womb. This blood is gradually expelled into the vagina, and then passes out of the body.

In this discharge of blood, the broken-down tissues, together with mucuous, is cast off with the lining membrane. After the flow of blood ceases, a new lining membrane is formed, with the little blood vessels just as they were before menstruation. This process occurs every twenty-eight days for thirty years of a woman's life, unless she becomes pregnant, in which case the menstruation ceases during that period, and also during the nursing period.

Accompanying menstruation there are other changes throughout the body. An enlargement of the breasts often takes

place. With some women these become very tender and painful. Headaches, nervousness, swelling of the limbs, as well as a general tired feeling is felt. Where the above conditions exist, a woman should rest during the first two days of menstruation. To women who work and stand on their feet all day, this is an unusually trying time, and I am sorry that I have no new information to offer which would eliminate this suffering. In the interests of women a law should be passed whereby women would always be exempt from work during the first two days.

Next I will take up the care of the sexual organs during menstruation. Though many of my readers will doubt the truth of my statements, they are known facts; you can bank on them, vouched for as they are by the highest medical authorities. There is

no guess work about any of them, so please discard the old-fashioned ideas you may have, and permit me to enlighten you on this subject.

It is an admitted fact that the large majority of women do not take a cleansing douche, or even a bath, during menstruation. Why? Because old fashioned ignorance has been opposed to their doing so, and ignorance, bad advice, and superstition have been handed down the line for centuries.

Remember that the blood and mucuous discharged by a woman during menstruation is being discarded by the body as refuse, and has a very offensive smell. If no cleansing douche is used to help nature in this discarding process, some of this refuse decomposes, and its odor becomes extremely offensive, and can be detected by many men

and women even at a distance.

Owing to the same ignorance and superstition, some women never take a vaginal douche. Married women should take a douche every day, and all women while menstruating should take one night and morning, besides washing the parts with warm water and soap. Remember the douche should be lukewarm, neither hot nor cold, and the bath the same temperature. A hot or cold bath should never be taken under any circumstances.

The sudden chilling of the womb by this dangerous practice is responsible for many chronic complaints among women. It lays the foundation for serious after complaints, which make chronic invalids of women as a result of this ignorant and harmful practice.

When leucorrhea is present in a woman, a douche made with two tablespoonfuls of

salt and two quarts of water will be found very healthful. Again I want to emphasize the fact that rest and cleanliness are the most important factors during menstruation, and at that time she needs to take a cleansing douche both night and morning, that is to say if she has any decency about herself, or the least consideration for others she will do so.

THE LACK OF SEXUAL ENJOYMENT IN WOMEN

The lack of sexual enjoyment in women is termed frigidity. Women who experience no desire or pleasure are cold and frigid. It is a fact that about one third of all women are frigid. This condition may arise from various causes.

1. By not being in good health.
2. Through the husband's failure to arouse her desire.
3. From excessive masturbation.
4. Because of ignorance resulting from early prudish teachings.
5. Owing to the excessive use of drugs or stimulants.
6. As a result of heredity.
7. Through the fear of pregnancy.
8. By reason of temporary emotional disorders.

9. To strong antiseptics in the vaginal douche.

Unfortunate is the woman who has no natural desire or pleasure in sexual intercourse, and if her condition is not remedied which it can be in the majority of cases, the sexual act will become disgusting and repulsive to her, and should her husband become aware of this, it is sure to breed discord and lead to serious trouble.

It is a recognized fact that most men have strong sexual desires. Very few frigid women realize this until after marriage, when the knowledge comes to them as a terrible surprise and disappointment. Whether they know it or not, the truth is that being sexually mis-mated has caused more unhappy marriages and divorces than any other cause.

There are three kinds of women,—the

passionate, the frigid, and the moderately passionate woman. Speaking from reliable information, I would say that one sixth are passionate, one third frigid, and one half belong to the intermediate class, the latter being in the majority.

The passionate woman is usually as passionate as the average man. The majority of women are not as passionate as the average man, but desire and enjoy sexual pleasure, especially after menstruation. The frigid woman has no desire whatsoever. She receives no enjoyment from the act, and only submits to her husband from a sense of duty, when coaxed or forced. It is not uncommon to find frigid women—even mothers—who after many years of married life, have never experienced any sexual sensation whatever during coitus.

When a woman is not in perfect health,

her sexual organs are usually the first to suffer, which causes temporary frigidity. Another reason for this cold attitude in women is that for centuries back she has been taught to suppress her feelings; in some it is the result of heredity.

Masturbation, too, is a prime factor in creating this condition. A girl who has indulged in this practice frequently, loses all desire for natural sexual intercourse when married, thus marring the happiness of her own married life as well as that of her husband. The man then sometimes seeks a divorce to which he is justly entitled by law.

Masturbation is more harmful to girls than it is to boys, and the bad effects are more permanent. Most boys masturbate more or less, while only about twenty-five per cent of girls are guilty of this, by reason

of the late development of sex desire in women. It is very much to be regretted that this is not explained to them in their early teens, as it would prevent a large number of girls from developing into frigid women.

The excessive use of tea or coffee, bromide headache powders, or other drugs used for the same purpose, effect women in this manner, and are responsible for frigidity. Many have had their sex desires killed in early girlhood through prudish teachings, having been taught that it was indecent, shameful, and animal-like to possess such feelings.

Then again, women, from fear of pregnancy, suppress their feelings, and if this suppression is continued, it becomes habitual. I will repeat what I said in the chapter on Sexual Intercourse, that suppression of

feelings on a woman's part, or her failure to reach the climax or orgasm, has nothing to do with her becoming pregnant.

Joy, sorrow, hate, or any other great emotion, will cause a temporary lack of desire. Some women might think themselves frigid without being so in reality.. The fault lies with the husband, who, on account of the selfishness and brutal haste he exhibits during the act, fails to arouse his wife's sex desires.

Possibly the act caused her pain, or he may be in such a physical condition as to prevent him from performing the act properly and to completion. Either this, or they may not be sexually mated. In the latter event, either of them has a legal right to have their marriage annulled.

A woman who is cold and frigid with one man, may become sexually excited by

another. The reason for this is not fully understood, although the mental condition and environment play a very important part. Many women whose sexual desires have lain dormant all their lives, suddenly change and become very passionate between their thirty-fifth and fortieth year.

As I have remarked before, one third of all women are frigid, so that if after marriage you should find that you belong to this class, it is best to conceal the fact from your husband. It almost always creates trouble, unless the husband is sexually weak or impotent, in which case it makes no difference to him if you appear passionate or not.

But should he be a normal man, it will greatly displease him to discover that his wife has no feeling for him, and may lead him to seek the company of other women, those who can offer him the response he

desires, or he may seek a divorce on the grounds of frigidity.

Sex desires in men differ. Men have no way of discovering whether a woman is cold or not, unless the woman tells him, or shows her true nature by her actions. A man does not even know whether she has an orgasm, and since this is so, if the wife values her home, her happiness, his happiness, and the fidelity of her husband, she will pretend, and play the part of a passionate and loving wife. Should she need any cues for the part, she will not find it hard to get them from any woman who herself possesses the desired qualities.

Either the wife must practice this deception, or tell her husband the truth, and offer him his liberty if he so desires. On the other hand, if her coldness is the result of his lack of knowledge as to how to excite

her emotions, she should be equally frank with him, and probably with her gentle help he can make conditions perfectly harmonious for both.

Talk this matter over with some of your successfully married friends, and see if it doesn't prove that I am right.

SEXUAL INTERCOURSE

Sexual intercourse, Coition, Union, Venery, Copulation, Cohabitation, or Connection as it is sometimes called, is rather a delicate subject to write about on account of false and prudish teachings, and the opinion of persons who are entirely ignorant of sex matters, who have advanced the theory that sexual intercourse should not be indulged in except for the purpose of creating offspring.

As we become more advanced and educated along scientific lines relating to sex matters, the more we shall realize how utterly groundless and unhealthful these prudish teachings have been. Fortunately the subject is more openly discussed now than ever before, and it will not be long before writers will be dealing with this subject without any reserve or hesitation.

For ages this matter has been under the jurisdiction of the church or Crown. The laws regulating it were framed by them, and they even went so far as to pierce the skin putting padlocks through, the key of which was kept by the high officials. Padlocks for this purpose can be seen in almost any European museums.

It is surprising how many young women today are taught that the sex act is something low, base and degrading, that before marriage the act should never be discussed. and only with their husbands after. No wonder that on account of this ignorance, innocent young wives go to their bridal chamber trembling with fear.

If the sex act is low, base, and degrading, it is the most important factor in married life, and the prime object which nature has in view when she draws men and women to-

gether, so that by their union they may reproduce new life. Owing to this false modesty and wrong teaching, those who have discovered the truth regarding this matter have kept it to themselves, and the majority of women go on suffering for lack of this knowledge.

Let's use a little common sense and figure this out. If the indulgence of sexual intercourse is only right when used for reproductive purposes, then nature undoubtedly in her wise way would have made us like the lower animals in this respect. With them copulation is only possible when the female is in heat, but the act of coition is voluntary with human beings.

Nature also endowed us with something different than she gave the lower animals, and that is reasoning power. Through these reasoning powers she expects us to

control our desires, and avoid excesses, regardless of whether the over- indulgence is that of eating, drinking, exercising, sleeping or anything else, and the opposite extreme is as bad if not worse. Reason should lead us to pursue a middle course.

Nature quickly punishes those who permit their appetites and desires to override their reason, which we should exercise in respect to sexual desires. History informs us that the prophet, Mahomet, decreed that a wife neglected by her husband for longer than a week, could demand and obtain a divorce. Zoroaster recommended sexual intercourse every seven days, while Moses advised cohabitation eight days before and eight days after menstruation.

Luther advised the union being consummated every four days, while the Talmud of the Jews gives twice a week for strong

young men, once a week for workmen, but for brain workers and scholars once a month only. Solon required that the married should acquit themselves of the duty at least three times a month.

The abuse of sexual pleasure gives rise to lassitude and weakness. When the excess is of long duration and carried to the extreme, it produces spasmodic and convulsive symptoms, enfeeblement of the senses with loss of energy and general debility. Moderation, therefore, should be strictly observed. The health will then be strengthened, and the gratification doubled.

Long enforced sexual abstinence is as harmful as excess. It is said the ovaries degenerate in such cases, and in men it causes impotency, besides total abstinence has a very injurious effect on the nervous system. According to Frued: "Sexual ab-

stinence does not help to build up energetic, independent men of action, original thinkers, bold advocates of freedom and reform, but rather goody-goody weaklings."

Another writer has told us that: "Sexual excess may be a positive crime, but sexual starvation is also a serious mistake, which often leads not only to conjugal misery but to separation of couples who should have been happy in each other's society."

Frequent and prolonged sexual excitement effected through voluptuous kissing and personal contact without final satisfaction, is as bad as masturbation. Many couples do themselves a great deal of harm by this practice.

It might be well to suggest to young women that they should avoid strong, oversexually developed men, particularly if the woman is sexually weak. If she is strong

in this respect, it is unfortunate for the husband, and many a man has gone to a premature grave on this account. It would be advisable to find out about this before marriage, but the marriage standards set by men make this impossible.

For a passionate and affectionate woman to marry a cold-blooded and undemonstrative man, or *vice versa*, is a great misfortune. It can only lead to unhappiness and misery for both. Another thing must be considered. Many men are selfish in their sexual pleasures. A man can have sexual intercourse in a cold blooded, business-like way, completing the act like a bull in the shortest space of time, without any preliminaries whatever, but not so with the majority of women. Their pleasure lies as much in the preliminaries as in the final climax, and without the preliminaries of

kissing and fondling many women cannot reach the climax.

Most men are ignorant of this fact, which the wife should not hesitate to explain to her husband. In the case of excessive indulgence it is the man who suffers most. The physical nature of a woman is better adapted to endure the strain, nor does she spend any vital fluid, like semen, as with men. A woman can have an orgasm time and time again without having her vitality over-taxed. Generally, on the contrary, she becomes stout and robust by reason of it.

Many a woman, through ignorance of this vital fact, has made a mental and physical wreck of her husband by her excessive calls on him. A man to gratify an over-passionate wife, will utterly exhaust his strength. To overtax a man in this respect

is to send him to an early grave. In a woman nervous reaction takes place that sometimes saps her vitality, but nothing like the spending of the semen as with a man.

With some men who are inclined to be weak or nervous, sexual intercourse produces a depressing effect, causing severe perspiration and nervous twitching, followed by complete exhaustion after the act. So true is this that scholars and those whose minds are actively engaged in mental work, make poor husbands as far as the sexual act is concerned. This is also true of the man who works extra hard at manual labor. The system has not the power to store up the vital force when the body is already taxed to the limit with mental or physical work.

On the other hand there are men who seem to consider that after marriage they

are entitled to cohabit with their wives as often as the fancy seizes them, irrespective of the wife's feelings in the matter. A great deal of harm results from this selfish viewpoint.

Many a wife has feared to let her husband know that she has no immediate desire for the sexual embrace, lest he should infer that she does not love him well enough. This fear seals her lips, so that she suffers from an untimely sexual connection rather than risk such a misunderstanding.

When husband and wife are unsuitably mated in the matter of sexual strength and desire, the stronger nature should exercise patience, and Nature in time, if given an opportunity, will adjust matters satisfactorily to both. Of course this does not apply to instances where the husband is impotent, but much seeming impotency is only partial,

and can be entirely removed by right treatment on the part of the wife. She can by her caresses often arouse the latent powers of a man, who from total abstinence, or the fear of inability to cohabit, is temporarily unable to perform his part.

There is another thing which may cause trouble in the sex relations—the misfit of the sex organs. The size of the sex organs can never be judged by the size of a man's body. A small man may have an extra large sex organ, where a very big man might have a small and undeveloped one; the same is true of women. A large, tall woman may have a small, short vagina, and the short, slender woman may be possessed of a very large and long one.

The rule is that with a big nose, large hands and feet the sex organs are fully developed, but when the nose, hands and feet

are small the reverse may be expected. Long fingers indicate length, while short stubby ones the reverse. The same also applies to women, as regards the length and size of the vaginal passage.

It is extremely unfortunate when such a misfit occurs. It is certain to cause serious trouble, especially where the woman is concerned. If she is of the type possessing a small, short vagina, and her husband is built large and long, she will experience considerable pain when the organs come together, besides it will strain and cause severe stretching, sometimes rupturing the vaginal passage. It frequently pushes the womb out of place, and should he be of the rough, boisterous kind, he may injure her seriously. Many woman have been made invalids on this account. A woman experiencing this trouble should never have

coitus while lying flat on her back, as that position affords her no protection.

By lying on her side she can regulate the act as she chooses. Where this condition exists, the husband should be very gentle with the wife, and gradually couples can overcome this difficulty.

When the case is reversed, the woman large and the man small, the organs are unable to secure the necessary friction to produce the climax, thus leading to dissatisfaction and misery. These conditions should be considered before marriage, but this is seldom done. Then again the man may be impotent, and is thus unable to secure a sufficient erection or rigidity of the penis to have intercourse.

Impotency arises from several reasons. A general breakdown of the nervous system induced by over-work, sexual excess, mas-

turbation, fear, or unsufficient stimulus on the wife's part may cause this condition. The erectional power of the penis is regulated by the mind working through the nerve centres, and this explains why fear plays such an important part with man. The fear of not having an erection sometimes accounts for his failure, or the fear that he may be interrupted during the act.

Gonorrhea causes impotency, but this I will speak of later in another chapter. Sometimes a woman produces impotency in a man by reason of insufficient response in her actions towards him, by indifference on her part, by vulgarity, want of cleanliness, or by unpleasont odors of her body.

Women are never impotent in the same sense as men. She may be frigid, but never impotent except where there is a hymen stretched across the vagina, more common-

ly termed maidenhead. This is a mucuous membrane extending across the opening of the vagina. At one time it was thought to indicate the virginity of a woman, but in many cases there never was a hymen, or it has been ruptured by running or jumping, or the hymen may cover only about one half or one quarter of the vaginal passage, and since a virgin may or may not have a hymen, it proves nothing. Only when a woman has a hymen covering the entire passage is she pronounced impotent.

Another matter I must now deal with in this chapter is intercourse during menstruation. This, to my knowledge, is frequently practiced by reason of the fact that a woman then has a stronger desire for intercourse than at any other time. This habit should be discontinued, as it is most unhygienic. Not only that, but it some-

times produces congestion of the womb or ovaries. The blood flowing from the woman at that time is impure, and may cause inflammation or catarrhal condition in the man.

This practice is very unhygienic, but if those who indulge will not stop, I would suggest that cohabitation should take place only during the last two days, and then not till after an antiseptic injection or douche has been used.

I would also like to say a few words regarding intercourse during pregnancy. A lot of rubbish has been said with reference to intercourse during pregnancy, which has no foundation. During the first four months intercourse makes no difference to the mother or child, but it should not take place during the fifth, sixth, or seventh months except very occasionally. At such

times the man should exercise the greatest gentleness, and the wife should lie on her side.

Coitus should not be indulged in during the eighth and ninth months, and not until at least six weeks or two months after child birth, nor should the wife be sexually excited during that time as it might cause congestion of the womb. In the chapter on frigidity, I spoke about women suppressing the orgasm with a view to prevent pregnancy. The sensation women experience at the time of the orgasm or climax of sexual intercourse is only for their delight and enjoyment, and has nothing whatever to do with conception.

In the first place the orgasm in woman does not cause her to spend any vital fluid, or to have an emission, as the spending of semen does with men. Her orgasm con-

sists of a series of spasmodic contractions of the muscles of the womb, vulva and vagina, this spasmodic contraction giving her the same sensation as it does to her partner without causing her to eject any vital fluid.

It therefore makes no difference whether she has an orgasm or not as far as pregnancy is concerned. There is a secretion given off by women during intercourse which is absorbed by the penis during the orgasm, and this secretion counteracts to some extent the loss of the semen expended by the man.

It is the lack of this secretion which makes masturbation so harmful. Not having final satisfaction after sexual excitement is harmful, but the withdrawal of man at the time of orgasm has even more fatal results, and is as injurious as masturbation itself.

The semen acts like a tonic, not only to that particular part, but also to the whole body. This accounts for the fact that many women after marriage improve in health, some taking on a good deal of flesh, and amongst doctors it is well known that hysterical women and others with weak nerves greatly benefit by having sexual intercourse.

The question is frequently raised as to whether the sex functions are effected by a woman's age, by the "turn of life." The answer is, "No." Though a woman cannot be a mother after the change of life, she can still enjoy the same intercourse with her husband, and if they have not abused themselves by over exercising these in earlier days, they will retain the power of sexual indulgence up to a good old age.

To sum up the matter, hygienic measures

should be used, moderation exercised, and last but not least, common sense should be the rule in all sex matters.

There is another point I desire to call your attention to and that is cleanliness. It is strange that some women have so little idea of the importance of keeping the body scrupulously clean. To shun the use of water is most unsanitary. The feet and armpits should be washed daily to free the body from the odor of perspiration. It is even more important that the private parts should be thoroughly cleansed from all impurities, and odors, by the liberal use of soap and water.

A woman cannot be too particular in this respect, as bodily odors are readily detected by men even at a distance and are very repulsive to them. So many women fail grievously in this respect, thereby not only

disgusting the man but also rendering their near presence offensive to those with whom they come in contact.

Previous to intercourse every woman should wash herself well. By making a practice of cleanliness she will save herself from irritation of those parts and retain the respect of her husband.

The habit of cleanliness should be taught in early life, and then as a matter of course whether married or single she will never fail to pay attention to a matter of such vital importance. The neglect that is only too common in this connection cannot fail to react disagreeably on the married partner, and inspire him with a sense of repulsion in place of attraction, as a man is easily put off by any lack of personal cleanliness on the part of his wife.

PRECAUTIONS AGAINST VENEREAL DISEASES

There are two very serious social diseases which every girl should be warned against before she marries—Gonorrhea and Syphilis. There seems to be a universal effort to conceal all knowledge of these dread diseases from women. Strict silence is maintained where she is concerned, but no effort or expense has been spared to warn the man.

At the time of writing, the Government is spending a considerable sum of money in bringing this warning to the attention of every man, by the distribution of free pamphlets. In all railway cars throughout the United States a warning is printed and nicely framed, and put up in the men's toilets, but no such warning is given to women. Why? Possibly this subject is

too delicate to be presented to poor innocent women, yet they are the real victims. No one likes to talk about this disease, and those who suffer from it suffer in silence.

It is a disease they are ashamed of, and as long as every one fights shy of the subject with women, they will remain in their sad ignorance. Woman should know about these diseases and how to protect herself from them.

It has been said: "If you do not fear God, learn to fear Gonorrhea and Syphilis." It is of the utmost importance for women to know the plain facts, since the only real measures for protection from these diseases is knowledge regarding them. We must know the dangers so as to avoid them.

Dr. Morrow asserts that there are more venereal diseases among innocent, virtuous wives than among prostitutes; that out of

one thousand married men in New York, eight hundred have Gonorrhea, and ninety per cent of these have not been cured, and so can infect their wives. The result is that at least three out of every five married women in New York suffer from Gonorrhea.

Another writer declares that over ninety-five per cent of our young men stray from the path of virtue before marriage, sixty per cent contract venereal disease, and that more wives than prostitutes suffer in this way. It is hard to say why these statements are made, whether to scare people, or to cause women to lose all faith in mankind, for they are not correct.

From much research work, and on the testimony of the best authorities, the facts are found to be that only about twenty men out of a hundred have had Gonorrhea, of whom about ten per cent have not been en-

tirely cured when they get married, and about three to four per cent of wives become infected.

Even when you stop to consider these figures they are quite alarming, but nothing like the false statement that three out of every five married women are infected. The extent of the prevalence of Syphilis is about five per cent, and not forty per cent as stated by some of the purity writers.

The gonococcus germ which causes gonorrhea, or clapp, as it is commonly called, was discovered by Professor Neisser, a German, in 1879. The germ is very small and can be seen only by the use of a very powerful microscope. They are somewhat the shape of a coffee bean, and multiply by twos, fours, eighths and so on, until there are millions present in a fully developed case of gonorrhea.

When a man becomes infected, he is not aware of it until three to seven days after infection. It first becomes noticeable by a smarting pain while urinating. After a few days a discharge will be noticed. This is of a cream color, but changes later to a greenish yellow. In women it attacks the mucuous membrane in the neck of the womb, but as the disease advances it will extend to the uterus, Fallopian tubes, ovaries, bladder and kidneys.

Women cannot tell when they are infected like men can, as it causes no pain or burning sensation in the early stages. Sometimes women will be infected for months before they notice anything. The first symptoms are chafing of the parts and irritation, followed by frequency of urination, also by painful intercourse, together with a greenish discharge having a

very offensive odor. When these symptoms appear, no time should be lost in consulting a reliable physician—a specialist when one can be obtained, for it will be cheaper in the long run. Always fight shy of advertising quacks, or friends who think they know all about it. This disease is even a hard proposition for a specialist to handle. There are a lot of patent medicines on the market, but if you value your health leave them alone and place yourself without delay under the care of a specialist in whom you have confidence.

It is not always possible to secure the services of a reliable physician or a specialist, and in such an event the following treatment has been recommended by one of the best specialists in the country. Use a douche made up of one teaspoonful of tincture of iodine, added to one quart of

warm water, twice daily for a week, then substitute this by mixing one tablespoonful of lactic acid to a quart of warm water, using this three days at a time, reverting back again to the iodine injection, changing from one to the other until you have an opportunity of consulting your own physician and explaining to him what you have done.

It is claimed that this treatment alone has cured many cases of gonorrhea. This germ also attacks the mucuous membrane of the eyes. One should be very careful not to get any of the discharge rubbed into the eyes as it almost always results in blindness. Eighty per cent of blindness in babies has been attributed to gonorrhea infection contracted at the time of birth.

This disease is nearly always contracted during sexual intercourse, but can also be

transmitted by a towel, clothing, toilet seats, bath tubs, etc. Gonorrhea is not a hereditary disease such as syphilis. A child can be infected by the mother only at the time of birth. Infection can always be avoided by proper antiseptic measures.

Gonorrhea was at one time considered just a little worse than a bad cold, but today we are aware that this disease is very serious as well as lasting in its effects, and it is now looked upon as being almost as bad as Syphilis.

An extraordinary advance has been made in the treatment of Syphilis in recent years. Not so very long ago it was, like leprosy, considered incurable, but now they claim it can be cured by treatments of mercury, salvarsan (606) or potassium iodide. There are two ways in which one can be infected by this disease,—one through inheritance,

and the other by personal contact with a person having it, or through contact with articles which they have infected.

The most common cause is through sexual intercourse and kissing. It can also be contracted through the use of public toilets, towels, brushes, drinking cups, bed linen, eating utensils, lead pencils, dental, barber and manicure instruments. The infection gains entrance through a very small abrasion or break in the skin. The first sign of its appearance is about three weeks after the infection. It then shows itself in the shape of a small red pimple where the infection occurred. This pimple increases in size until it becomes as large as a dime, which then ulcerates. This is the first stage.

The second stage is when one has numerous eruptions and mucous patches. The

hair begins to fall out, enlargement of the glands, eye troubles, etc., follow. This state lasts from one to two years. Then it gets into the third or last stage when the bones and brain become diseased, in fact every part of the body is infected, which leaves no part free from ulcerating away.

As nearly all young men sow wild oats, no thought is given to the matter, nor to the harvest that may result from such sowing, and in all fairness to the young woman that has kept herself pure and clean, I would suggest that before you accept a man for your husband, you demand a certificate from a responsible and competent physician as to his fitness and purity, in other words a clean bill of health.

You have the right to expect the same purity in him as he demands in you. As this is rather a delicate subject to approach

him on, I would say that the best way is to ask him who he considers a competent and responsible physician, then go and ask that physician to examine you. Then you can request your prospective husband to do the same for you from your physician.

Should he refuse to submit to an examination, it is a proof that he is not in a fit state of health for marriage, and it is better to know this beforehand than to suffer later. You are entitled to a clean bill of health from him, and you should see that you get it. It is worth the trouble to consult a physician, and to be absolutely sure that in marrying you will not be the one to reap the consequences of his wild oats.

Every young woman should know how to protect herself in this respect, and to avoid marrying a man who is suffering from either of these diseases. Only a bill of health can

ensure this. In some States both parties must swear under oath that they have no communicable disease, but this statement on oath is not as reliable as a certificate from a first-class physician.

Women have used all sorts of poisons in the douche to protect themselves from these diseases, the most in favor being carbolic acid, sulphate of zinc, borax, ammonia, vinegar, bisulphate of quinine, permanganate of potassium, bichloride of mercury, (corrosive sublimate) protargol and argyrol.

Some of these are used in the treatment of venereal disease, but as a precaution they cannot be recommended, since the ones of known value must be so strong that they will injure and harden the vaginal mucous membrane. They not only harden it, but deaden the sensibilities, often causing a passionate woman to become cold and frigid.

Bichloride of mercury, which is most generally used, and which is probably considered the best germ killer, is bad on this account; besides if used strong may cause mercurial poisoning, which produces a very serious condition indeed.

None of these can be recommended.

But there is an antiseptic that is ten times more powerful in germ destroying power than mercury bichloride, which hitherto has been given the highest place among antiseptics. It is a powerful non-corrosive antiseptic, which if used in the douche will not coagulate the mucuous as acids or most salts of mercury do, and it is therefore recommended as a reliable antiseptic to employ for this purpose.

It is composed of mercury iodide, potasium iodide and sodium bicarbonate. The combination is put up in disc form by a

large pharmaceutical house, and they are labelled P. Ds Germicidal Discs. They are obtainable in three sizes, small, medium,and large, but the large sized discs, No. 1, are the ones to use.

To use these properly dissolve only TWO discs in a tumbler of hot water, taking care not to leave either of the tablets undissolved. Then empty this into a TWO-QUART fountain syringe, using about a pint of the injection before intercourse, and the balance afterwards. One of the main points is not to wait too long before using the final douche, or do not repeat the act unless you have first cleansed yourself with this antiseptic.

The condom invented by Dr. Condom, is one of the simplest methods to be used by men for protection against gonorrhea, but it is not proof against syphilis, therefore it

cannot be recommended. Many men dislike the condoms, besides they are injurious to both husband and wife, producing the same effect as masturbation, and depriving each other of the soothing and beneficial secretions exchanged by one another.

MISCELLANEOUS INFORMATION AND ANSWERS TO FREQUENT QUESTIONS PERTAINING TO SEX MATTERS.

Abortion is a term applied to the expulsion of the fetus at any time within four months after conception. After the first four months it is called a miscarriage. There are several kinds of abortion, and they have been classified as spontaneous abortion, induced abortion and therapeutic abortion.

Spontaneous abortion is abortion that occurs naturally without aid, and is brought about by a weak, run-down condition of the system, a diseased lining of the womb or by syphilitic tension. When spontaneous abortion is of frequent occurrence it is indicative of syphilis. Whatever the cause may be, the consequences are disastrous to

health, and nearly always result in chronic invalidism.

Therapeutic abortion is abortion induced by artificial means, generally on account of the woman's aversion to bearing children. Induced abortion, for any other reason than to save the woman's life—or in tubercular mothers—is classed as criminal or illegal abortion, and is heavily punished by law. The woman who requests such an operation, as well as the one who performs the act are both held legally guilty.

Induced abortion is very dangerous, on account of the lack of care in regard to cleanliness, and in every case the mother's life is jeopardized, unless the operation is performed by an experienced and skilful physician, and under such conditions as will guard against blood poisoning, which is usually the cause of death.

In other countries induced abortion is so heavily punished by the law, that it is virtually impossible to bribe a doctor to undertake the operation, as he is liable to twenty years, or penal servitude for life, and this is too grave a risk to run. Fortunately, in those countries, abortion is seldom desired or required, since the teachings of Malthus are recognized by such countries as England, Germany, France, Switzerland, and practically all European countries, so that women who are either too poor or too delicate to wish for children, or who realize that they already have as many as they can provide for, are mercifully allowed to prevent conception by simple and harmless methods.

But the people of the United States have not yet realized the fact that prevention is better than cure, and that only by the light

of knowledge can the terrible crime of abortion become unneceesary and be stamped out.

The menopause, or change of life, as it is most commonly called, takes place between the age of forty-five and fifty. During this time, which generally covers a period of from two to three years, women undergo a great change. The ovaries cease to function and ovulation stops, no more ova being produced. It is the termination of a woman's sex life, as far as her child-bearing capabilities are concerned.

The first indication of this approaching condition is the irregularity of the menstrual flow. There is a greater length of time between the periods than normally. Sometimes one or more periods will be omitted altogether; the menstrual flow will become more and more scant each month until it ceases entirely.

If the flow should suddenly disappear, a reliable physician should be consulted, as it may lead to serious consequences. Hemorrhage is one of the common dangers at this time. Any unusual loss of blood is bad, and if not carefully checked will cause trouble. Tumors and cancers then show a tendency to develop in women, more than at any other period of her life.

During the change of life it is advisable for a woman to put herself under the guidance of a reliable physician, to use common sense and to refrain from worrying about trifles. At this time she is inclined to become self-centred, and is apt to give way to gloomy feelings. We know the influence which the mind exercises over the body, and should try to encourage pleasant thoughts.

Most women labor under the impression that they lose their attraction for the oppo-

site sex at the change of life. Naturally, this false idea has its depressing effects, but this supposition is not a fact. A woman does not cease to be a woman after she has passed through the change; it has nothing whatever to do with her attractiveness or non-attractiveness as far as man is concerned.

Sexual desire does not end when the change of life has taken place, but lasts long past that period, and many women are as passionate at sixty-five as they were at twenty-five.

As a matter of fact, many a man has married a woman who has ceased to be capable of motherhood, and the marriage has nevertheless proved a happy one. But when women regard the change of life with such unreasoning terror and fear, it cannot fail to have an unfortunate effect on their minds.

There is no occasion for anxiety as long as the health is not neglected, and a woman does not over-tax her strength during those years. Nature can be trusted to tide her over them without any such misery as most women anticipate.

It is, however, of the utmost importance to avoid constipation. Plenty of rest is required, freedom from worry, and the diet chosen should be such as will not interfere with the digestion. Then the much-dreaded age, ushering in the change of life, need not cause any disturbance.

It is just at this time in a woman's life that a hobby comes in useful. She can console herself with the knowledge that now that the active life of a mother is no longer making incessant demands on her time, she is free, and justly entitled to take up one of her favorite hobbies, which her former

busy life hindered her from indulging in.

The majority of women do not recognize the fact that—even as they are subject to a change of life at a certain period of their existence—the male sex is also affected by strange mental and physical experiences between the age of forty-five and fifty-five, though in the case of men this peculiar change is not accompanied by any marked physical disturbances. It is, nevertheless, a very trying time for a man, and often leads to an unnatural irritability and general depression that are a severe trial to the husband and wife. If she understands the underlying reason, it is up to her to exercise great patience and tact during this critical period.

Wives who never become mothers are called sterile. This condition brings about much unhappiness to women who desire

children. It is generally the opinion that the woman is at fault if couples remain childless, but this is a mistake. Science has proved in the majority of cases that the failure to raise a family is due to the husband, and therefore it would seem advisable when several years elapse without results to examine the husband in the first instance.

The reason for sterility are many, the use of narcotics, self abuse, or disease being the chief factors. Many diseases such as scrofula, consumption or even mumps have an after effect on the testicles which deprives the semen of its life-giving properties.

In women sterility may arise from an imperfect formation of the generative organs, or from the displacement of the uterus. It also results when the ovum is expelled from the womb before the conclusion of the monthly flow. Even vaginal

discharges, such as leucorrhea, may be sufficient to kill the male seed: stricture of the Fallopian tubes will have the same effect. Inflamation of the uterus may deprive the vaginal walls of their natural adhesive properties, without which it would be impossible for the ovum to attach itself to the side to ensure its growth.

Many of these causes can be remedied, especially when sterility is due to a displacement of the womb. This can be restored to its normal place. There are also psychic influences which may bring about the same consequences, such as great mental stress, intense excitement, and sudden shock. Any violent emotion, if long sustained, is sufficient to produce sterility in a woman. Excessive physical exertion and exhaustion are also accountable for lack of offspring in certain cases.

It is a recognized fact that a woman may be childless by one husband, and yet give birth to children in a second marriage. In such instances the reason for barrenness does not rest with the woman, but in lack of adaptation to the particular man she first married, and the same holds good with regard to men. They are not sterile if mated to the right woman.

So much money has been thrown away by women by consulting numerous physicians in their anxiety to become mothers, under the erroneous impression that childlessness was due to some defect on their side, the truth being that the husband was at fault. The same woman, if married to another man, would have become a mother.

When the fault lies with the woman, it can usually be traced to inflamation of the Fallopian tubes, and this condition may

arise from gonorrhea or inflamation arising from some other cause. Sterility in a woman is often due to an obstruction produced by a misplacement of the womb, more especially when the uterus is inclined backwards or forwards. This prevents the entrance of the spermatozoa into the womb, and the ova remains unfertilized.

If the neck of the womb is constricted, which may arise from the use of strong vaginal douches, or from an ulcerated condition of the opening, barrenness will result until this defect is removed. In all cases where children are desired, it would be advisable for the husband to first consult a specialist, for as already stated, sterility is more often due to the male than to the female.

Women desirous of having children may as a last recourse try the following: Be-

fore intercourse take a plain warm water douche, and secure connection as soon as possible. After the act is completed, slip a bandage on, then elevate the hips by placing a pillow underneath, and in this position, on her back, she should go to sleep. This affords the spermatozoa every opportunity to fertilize the ova and thus bring about the desired results. If success does not soon come after adopting this method, the husband and wife should be examined to find out what the real trouble is.

There is an old-fashioned notion that the marks sometimes found on the body of a newly born child are due to the mental emotions and longings experienced by the mother during the months prior to birth, but there is no foundation for this belief.

It is obvious to the shallowest reasoner that a child cannot alter its shape after

four months of growth in the womb, and the tales of children being born with cats or dogs heads because the mother was frightened by a dog when carrying her child, must be cast aside as superstitions.

Of course the mother's mental condition has a psychic effect on the child, but there is nothing to show that her fancies for specific articles of food are reproduced in the shape of strawberry or other patches on the body of the new born infant. The common idea that marks appearing on the skin, which are fancifully supposed to resemble fruit, or other odd designs, are attributable to the mother's ungratified longing for these dainties while she is pregnant, are purely imaginary.

Rape is not as common as supposed, by reason of the fact that a man cannot assault a woman of normal health and strength

who offers a stubborn resistance, at least not short of knocking her down and rendering her unconscious.

Of course if a woman is under the influence of drink, or of narcotics, it is an easy matter for any man to take advantage of her helpless condition, but rape by violence is hard to accomplish, though the man may achieve his purpose by frightening his victim to such an extent that she is practically paralyzed and unequal to defending herself.

A great many cases of supposed rape, when brought into court, are found to be merely the imaginary figments of a hysterical woman, who honestly but erroneously believes herself to be the victim of such an outrage. For this reason so many dentists and doctors insist upon the presence of a third party before they will administer

gas or anesthetics, knowing that either of these may induce an illusive idea of rape in the woman.

The social evil that has existed all down the history of the human race, and which seems destined to continue as the great source of venereal disease, is a matter that concerns women as well as men, since it has been found that the professional prostitute is not such a danger to society as the woman who now and then adopts a loose life.

The recognized prostitute is well informed on all sexual matters, and knows how to protect herself, but the careless, loose-living woman who indulges in promiscuous intercourse when the fancy takes her, is far more dangerous to the community.

No doubt a time will come when the social evil will cease to exist as such, but the irregular union of the sexes is not

likely to be done away with. It would be well if the parents of those unfortunate girls who are led away in the first case by ignorance, stupidity or thoughtlessness, were to show themselves true parents by extending to the foolish girl the protection of their love, instead of refusing to stand by them, helping them to start a new life, for in by far the larger number of instances had the erring daughter been forewarned and carefully taught to discern good from evil, she would not have so readily fallen a victim to her emotions.

Seldom does the average parent recognize his or her moral responsibility towards those for whose very existence they are responsible, or they would regard a knowledge of the fundamental laws of sex as the most important part of a young girl's education.

If in spite of parental guidance, a daugh-

ter should fall into trouble, surely it is the part of every true father or mother to seek to rescue their child from straying further along forbidden paths, rather than hasten her downfall by a pitiless attitude of condemnation.

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